

# Virginia Cooperative Extension

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Courtney Wesner (Orange), Kenner Love (Rappahannock); FCS—Clare Lillard (Orange)

The Culpeper Extension Office is located at 101 S. West Street, Culpeper, VA 22701. (Corner of West and Davis) Telephone: (540)727-3435



*If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in any of the activities offered by Virginia Cooperative Extension, Culpeper Office, please contact our office at (540) 727-3435 during business hours of 8am and 5pm to discuss accommodations at least 5 days prior to the event. \*TDD number is (800) 828-1120.*

## FAMILY NUTRITION PROGRAM

Brenda Watkevich, Program Assistant, FNP-Adults

# Culpeper Community Garden



**Want to plant a Garden?**  
Are you short on space?

**Join the Culpeper Community Garden**

**Free Plots- Located at CFC Farm & Home Center**

**Call to reserve your plot**

For additional information on the Culpeper Community Garden, contact Brenda Watkevich at (540) 727-3435 X348.



The Family Nutrition Program contributes to the reduction of healthcare costs for 148,000 limited income Virginians by promoting healthy eating, active living, safe food handling, and thrifty food shopping.





A partnership of Virginia Tech and Virginia State University  
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**FAMILY AND CONSUMER SCIENCES (FCS)**

Becky Gartner, Extension Agent, FCS

**Virtual Cooking for Crowds**

Does your church or non-profit organization have food events for its members or sell food as a fundraising event? "Cooking for Crowds" is a workshop that will teach food safety and how your organization can ensure the safe handling of food. Learn how to handle food during cooking and serving and the food safety standards for temporary events. Members of non-profit organizations, churches, athletic associations and fire departments are encouraged to attend.

The workshop will be held using Zoom on February 9, From 6 – 8 pm. The program is free but registration is required in order to receive the Zoom link.

Register here: <https://bit.ly/3ePWtAu>

**ServSafe Manager Certification Course**

Participants in this course will complete the requirements for a Food Protection Manager Certification of the National Restaurant Association. The course is designed for managers of food service operations, food and beverage managers, catering managers, chefs and dietary managers. After completing the classroom work, participants will take a national certification exam. The cost for the course is \$160 per person.

The 2021 class schedule:

March 8 and 15 – The Carver Center, Rapidan

May 10 and 17 – Orange

August 16 and 23 – The Carver Center, Rapidan

October 18 and 25 – Madison

**These classes are in-person and masks and physical distancing are required. Space is limited due to COVID restrictions.**

**Diabetes Prevention Program**

The Diabetes Prevention Program (DPP) is a year-long program designed for people with prediabetes or who are at high risk for type 2 diabetes and want to lower their risk. Sessions will cover a variety of topics including coping strategies, eating out, shopping tips, getting active and healthy eating. The program will start April 20 and registration is required.

For more information or to register for the programs listed above, contact the Culpeper County Extension Office at 540-727-3435 or Becky Gartner, Extension Agent, Family & Consumer Sciences, at [rebes13@vt.edu](mailto:rebes13@vt.edu).

**AGRICULTURE AND NATURAL RESOURCES (ANR)**

Carl Stafford, Senior Extension Agent, ANR

**Cattle and Climate Change - Learning the Facts**

Finding the facts is challenging and takes time, something we are often short of, so we take the easy route – I get it. In the world of science, decisions driven by reliable numbers will often turn out to be correct when compared to an opinion, an early lesson I learned from Farm Management Agents.

*Progressive Cattle* offers, in their October issue, an article by Jaclyn Krymowski who writes about cattle and climate. A graduate of Ohio State with a major in animal industries and minor in agriculture communications, her "Understanding Fact and Fiction on Beef and Climate Change" is worth reading when seeking guidance on what to believe about this polarizing issue.

She found the publication "Livestock's Long Shadow" used an apples and oranges approach in comparing livestock and transportation sectors. Economists tell us that methods used to reach conclusions must be the same or adjust for differences to be comparable. Simply put, when the methods are different, comparisons can mislead.

The big change in air quality and Green House Gases (GHG) in and around our cities over the last 6 months was obvious from images seen. What happened? - we traveled less and used less energy. This is a big hint in the expected difference in GHG emissions coming from transportation/energy sectors compared to beef cattle. Let us see how much.

Cattle release methane as a byproduct of digestion, they belch a lot to release this gas. It breaks down into carbon dioxide in the environment. According to the EPA, only about 2% of GHG emissions come from cattle while transportation and electricity combined produce more than 55%. These numbers can change with improvements in efficiency. American agriculture is constantly improving. Finished cattle today



produce 50% more beef than in 1950, so it takes fewer of them if demand is the same. By weight, beef cattle are more efficient. A fair comparison of GHG emissions between our food sectors would be in calories. Pounds of food are not equal. A pound of lettuce and a pound of beef have big differences in calorie content.

As for storing carbon, our grazing land is key. Long term pastures build organic matter – a high carbon component of soil and an important source of nitrogen through decay. Beef cattle are reared on grass pastures. Cow herds and their calves and many yearlings graze for a living and eat hay when pasture runs out. Grazing more days is generally more profitable. Most grain used is saved for finishing to shorten this phase. Some cattle are finished on grass, but this takes longer and time is also a cost.

Beef cattle of all kinds spend a majority of their time eating pasture, using land and feed resources which are good for few other purposes. Ruminant animals including beef cattle, are a resource to support the human population through their unique digestion of low-quality forages grown on marginal land to produce high quality human food. The low hanging fruit for changing climate is the place to start. Big change comes from big numbers and these are not found in the cattle sector.



## HORTICULTURE

Ashley Appling, Extension Agent, ANR-Horticulture

### The Effects of Cold Weather on Landscape Plants

The cold winter weather that we have been experiencing these past few months and the months to follow, will impact our homes and landscapes in many ways. We will continue to complain about the cold mornings and gray afternoons, along with the slick roads and sidewalks. Our plant friends will also experience this cold and may respond with brown leaves, along with dead branches and flower buds that will not be evident until spring. So, what is it about winter that bothers plants, and what protection measures can we put in place?

In addition to heavy snowfalls breaking branches and uprooting Leyland cypress, rapid temperature changes may injure plant tissues. Warm 60°F days followed by cold fronts lowering the temperatures below freezing can wreak havoc on plant tissues, from dead flower buds, to branch and root death. Newly expanded leaves and buds exposed to freezing temperatures may appear wilted and turn black within hours or days after the event. The damage is caused by the formation of ice crystals, which rupture the walls of plant cells. Frozen soil in turn can lead to desiccation of both needled and broad-leafed evergreens. Windy, sunny days can lead to rapid tissue damage as leaves warmed by the sun begin to transpire. The water lost through transpiration cannot be replenished under these circumstances since the roots are frozen solid. This often leads to brown leaf margins or the loss of whole leaves, as is commonly the case with camellias, hollies, and junipers. The damage is most evident on the windward side of the plant.

Frost heaving (Figure 1) can damage plants through the process of the soil alternating between freezing and thawing. This process can push shallow rooted plants out of the ground, exposing the roots to wind damage.



Frost heaving is most common in small, new plantings. The danger is root exposure. Replant quickly.

Figure 1. Frost Heaving. (VCE Publication 426-500)

Trees and shrubs with smooth bark may also experience bark splitting (another name is southwest injury since the damage is usually seen on this side of the tree) because of sudden changes in temperature. Sunlight can warm the bark



Bark splitting can occur with sudden changes of temperature

on clear days, which may cause splitting as the temperature rapidly declines after sunset or during cloudy weather. This decline in temperature freezes the water within the trunk of the tree, causing it to split open. Trees such as cherries, maples, and young fruit trees are most susceptible. Wrapping the trunk with burlap strips, painting white, or shading the trunk may help prevent the split.

Some preparations can be undertaken before the cold weather hits. The first step is to grow plants that are cold hardy in our USDA Plant Hardiness zones 6a, 6b, or 7a. Other steps to take include not fertilizing in fall, no late summer pruning (which may lead to new growth that is damaged by frost), watering of evergreen plants during dry fall weather, and finally mulching to slow moisture loss and prevent upheaval of newly planted plants. A two to four-inch layer of mulch will reduce soil heaving.

It is best to wait until spring to determine whether or not dead limbs will need to be pruned from trees and shrubs. The spring flush of growth should hide the damaged leaves of evergreens. Patience is the best practice, because some damaged plants such as crape myrtles may not leaf out until June after severe winters. If patience is not your virtue, you can also use a pocket knife to scrape back the outer layer of bark to check for green cambium tissue. Seeing green tissue is a good sign that the plant is not totally dead, even though it is not a guarantee. Also, keep an eye on winter-damaged plants if drought conditions are experienced the following summer. Winter damage plus summer drought could lead to the demise of your perennial, shrub, or tree.



## 4-H YOUTH DEVELOPMENT

Cristy Mosley, Extension Agent, 4-H  
JoAnna Kilby, 4-H Program Assistant

### HELPING KIDS CONTINUE LEARNING THROUGH COVID

4-H is a youth organization that uses a “Learn By Doing” model. With the circumstances of 2020 making in-person programs more difficult, we have developed several online resources that we would like to share with you.

1. If you are looking for activities to do at home – STEAM, cooking, gardening etc. you should check out <https://4-h.org/about/4-h-at-home/>

Lessons include:

- Designing and Building a Bridge
- 4-H Space Exploration for grades 3-5
- Cooking Healthy Meals
- Make a Wind Vane
- Solar Oven S’mores
- Health Rocks! Healthy Living
- Money Matters
- Duct Tape crafts
- Stomp Rockets
- Jewelry Making
- Gardening to Give

There are over 150 lessons currently available.

2. Subscribe to our Culpeper 4-H YouTube Channel. Our most popular videos right now are the life cycle videos. Learn about the life cycle of pumpkins, butterflies, lady bugs and the praying mantis. We also have fun videos such as tie dye.
3. “Like” our Facebook Page at Culpeper County 4-H to receive announcements about workshops, camps, and clubs.
4. If you are a teacher, whether in homeschool or classroom, you may be interested in SOL correlated lessons, many of which have been re-formatted to a virtual format. You will need to contact us by emailing [jclark@vt.edu](mailto:jclark@vt.edu)

As always, we are here as a resource to families and youth in our community. Please reach out with any questions.



**People Incorporated** is a non-profit Community Action Agency with locations across Virginia, including Culpeper. People Inc. is committed to providing opportunities for economically disadvantaged people to reach their goals in order to enhance their lives, their families and their communities.

### People Incorporated

Opportunities include providing safe and affordable housing, helping community members find jobs, providing early childhood education and other services.

People Inc.'s Culpeper office is located at 233 East Davis Street, Suite 100 and 300.

Contact People Inc. at **833-277-9330** or email [info@peopleinc.net](mailto:info@peopleinc.net).

Stay up to date with programs and events by visiting [www.peopleinc.net](http://www.peopleinc.net) or following us on [Facebook](#), [Twitter](#) and [LinkedIn](#).



**Court Appointed Special Advocates (CASA) of Culpeper continues to accept new volunteers** to advocate on behalf of children in the foster care system going through neglect and abuse court proceedings. Please contact Bri Taylor, CASA Coordinator, at 276-206-3155, if interested in learning more.

**Empowering Culpeper, an all-volunteer food distribution program of People Inc., will distribute food at the Culpeper United Methodist Church this winter.** Follow People Inc. on Facebook for upcoming dates. For more information, contact Empowering Culpeper at [empoweringculpeper@peopleinc.net](mailto:empoweringculpeper@peopleinc.net).







**Are you or someone you know expecting a baby, or have a newborn? Then Families First – Healthy Families Culpeper is perfect!**

We are a non-profit program with three (3) **FREE** and **PRIVATE** services to families of Culpeper, there is something for everyone.

### **Welcome Home Baby**

A one-time service that includes referrals to community partners and other resources as well as a Welcome Home Baby gift kit

### **Healthy Steps**

An ongoing service that includes regularly scheduled home visits with a Family Support Specialist and connections to many resources

### **Parenting Education Program**

3 classes, offered monthly, with a certificate of completion after the third class

Due to the changes in our community because of COVID-19 most of our services are temporarily offered virtually. We mail and deliver items and activities to you, then talk over the phone.

**We are also always accepting donations of new or slightly used items to share with families in the community.**

**If any of this sounds interesting, let us know!**

Call or text us: [540-222-6320](tel:540-222-6320)

OR

Look for us on Facebook: [Families First – Healthy Families Culpeper](#)

OR

Email us: [healthyfamiliesculpeper@gmail.com](mailto:healthyfamiliesculpeper@gmail.com)



**The disAbility Resource Center of the Rappahannock, Inc.**

409 Progress St., Fredericksburg, VA 22401

540-373-2559 (voice), 540-5890 (CAPTEL), 540-373-8126 (Fax)

[www.cildrc.org](http://www.cildrc.org) [drc@cildrc.org](mailto:drc@cildrc.org)

The southern part of Planning District 9 (Culpeper, Rappahannock, Madison & Orange) has gained a valuable community resource for people with disabilities and their support systems. As of November 1, 2020, the disAbility Resource Center of Fredericksburg (dRC) has hired a local staff person, Emmetri Beane, to increase community understanding of the dRC and begin to provide independent living services. Emmetri has been connected to Culpeper for over 15 years through different organizations

The dRC is a Center for Independent Living (CIL), and like all CILs, it is built around five core service areas: information and referral; peer support; independent living skills training; advocacy; and transition (from school to adult life or transition from nursing home to one's own home). In addition, the dRC has an "Equipment Connection." The Equipment Connection recycles usable, durable medical equipment and gifts it to people with disabilities whether the disability is permanent or temporary. Consumers do not pay a fee for these services. There is no age limit for the services that the dRC provides. More information on the dRC and its activities can be found on the dRC website, [www.cildrc.org](http://www.cildrc.org), and other social media pages.

If you are a person with a disability, a support person, or an organization and you want to learn more about the dRC, Centers for Independent Living, or independent living services, contact Emmetri by calling 540.360.5023 or emailing [ebeane@cildrc.org](mailto:ebeane@cildrc.org). In addition, you can contact the Executive Director of the dRC, Debra Fults, at 540.379.2559 or [dfults@cildrc.org](mailto:dfults@cildrc.org).



**Culpeper Literacy Council** is offering self-paced online English classes in partnership with Rosetta Stone. Learners are immersed in the language through listening, speaking, writing and small group practice. New learners pay a one-time registration fee of \$35, then all classes are free. To sign up, or for more information, please email [admin@culpeperliteracy.org](mailto:admin@culpeperliteracy.org) or text 540-533-7066.



## Fictitious Names

As of January 1, 2020, the Clerk's Office of the State Corporation Commission is the central filing office in Virginia for all certificates of assumed or fictitious name. Fictitious Name Certificates may be filed online through the

[Clerk's Information System \(CIS\)](#).

### What is a fictitious name?

A fictitious name is a name that a person (individual or business entity) uses instead of the person's true name, usually in the course of transacting or offering to transact business. It is sometimes referred to as an "assumed name" or "trade name," and it is often identified after a person's true name with the abbreviation "t/a" ("trading as"), "dba" ("doing business as"), or "aka" ("also known as").

### What are the requirements for fictitious names?

Fictitious names are not held to the same requirements as business entity names in the state of Virginia. It is therefore possible to use a fictitious name that is not unique in the state. Additionally, wording restrictions do not apply to fictitious names as they do business entity names.

### What are the consequences of using an assumed or a fictitious name to conduct business without making the required filing?

An individual or business, legal, or commercial entity that conducts or transacts business under an assumed or a fictitious name without making the required filing is subject to being convicted of a misdemeanor, punishable by a fine not exceeding \$2,500 or confinement in jail for not more than one year, or both. See [§ 59.1-75](#) of the Code of Virginia.

In addition, the person is precluded from maintaining an action in any courts of the Commonwealth. See [§ 59.1-76](#) of the Code of Virginia.

### What are the filing requirements for use of a fictitious name in Virginia?

Before a person (an individual or entity)

may conduct or transact business in Virginia under a fictitious name, the person must file a certificate of assumed or fictitious name in the Office of the Clerk of the Commission on a form prescribed by the Commission. The statutes that govern conducting business in Virginia under a fictitious name are [§§ 59.1-69 – 59.1-76](#) of the Code of Virginia.

Fictitious name filings can be completed online through the CIS or via paper forms. A person must use one of two forms – one is used by businesses that are of record with the Commission such as corporations and LLCs. The other form is used by individuals, which includes sole proprietors and certain types of businesses that do not file formation or registration documents with the Commission.

Both forms may be found on the SCC's [Forms and Fees](#) page.

### How do I link my business to my fictitious name registration?

If the fictitious name certificate is associated with a business that is on file with the Commission, [CIS](#) will link the fictitious name to that business.

If the fictitious name certificate is not associated with an existing business entity on record, which is common when filing a fictitious name as a sole proprietor, then the fictitious name certificate will not be associated with a business entity in CIS. It will be associated with the applicant for the certificate.

### How much does it cost to file a certificate of assumed or fictitious name with the commission?

The fee for filing a copy of the certificate with the Commission is \$10.

If filing online in [CIS](#), credit card or echeck payments are accepted. There is no additional processing fee to pay online. If submitting a paper filing, checks should be made payable to "State Corporation Commission."

### What does the Commission issue after the filing of a fictitious name certificate?

When a fictitious name certificate is filed, the Commission issues only a receipt for payment of the filing fee. Upon request and payment of the requisite fee, however, the Clerk's Office will provide a Commission-

certified copy of the certificate of assumed or fictitious name or a certificate of fact stating that a fictitious name certificate has been filed with the Commission for a particular individual or entity. Contact the Clerk's Office for more information.

### Can a sole proprietor, general partnership or trust file a fictitious name certificate?

Yes. As of January 1, 2020, the Clerk's Office of the State Corporation Commission is the central filing office in Virginia for *all* certificates of assumed or fictitious name, including those for sole proprietorships, general partnerships, or trusts.

### Can others make a filing under the same name?

The Commission does not have authority to determine who has the right to use a fictitious name. Consequently, the Commission does not have authority to reject a new business entity formation document or name change amendment on the ground that the prospective business entity name is in conflict with a fictitious name of record with the Commission.

Furthermore, the Commission does not have the authority to reject a certificate of assumed or fictitious name on the ground that the fictitious name in the certificate is in conflict with a fictitious name that is already of record with the Commission. This is a complex area of law and persons with such questions are advised to consult with an attorney.

### Can a filed certificate of assumed or fictitious name be released?

Yes. When a person is no longer conducting business in Virginia under an assumed or fictitious name on file in the Clerk's Office of the Commission, the name may be released by filing a certificate of release in the Office of the Clerk. This filing may be completed online through the [CIS](#), or via paper forms, which can be found on the SCC's [Forms & Fees](#) page.

In addition, when a person is no longer conducting business in Virginia under an assumed or fictitious name on file with a circuit court, the name may be released by filing a certificate of release with the clerk of the court. This filing is not available



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online and must be filed through completion of form [SCC59.1-70.1-CC](#). The fee to file a certificate of release with the Clerk's Office of the Commission or the clerk of a circuit court is \$10.00.

#### ANNOUNCEMENT

As of January 1, 2021, the Lord Fairfax Small Business Development Center at Culpeper will change its name to the Central Virginia Small Business Development Center at Culpeper. This change is the result of geographic realignment of the two centers. In Culpeper, the office, staffing and client services remain the same. The only significant changes are the website which becomes [www.cvsbdc.org](http://www.cvsbdc.org) and the email address of Business Counselor, David C. Reardon which changes to [dreardon@cvsbdc.org](mailto:dreardon@cvsbdc.org).

This information is from the Virginia State Corporations Commission website, other small business resources are available on the US Small Business Administration website, [www.sba.gov](http://www.sba.gov) or the Central Virginia Small Business Development Center website at [www.cvsbdc.org](http://www.cvsbdc.org).

The Central Virginia Small Business Development Center at Culpeper offers free business consulting, affordable training courses, and personal referrals to local resources, guidance, insights, and connections to help your business succeed. All services given at the CVSBDC at Culpeper are at no cost and are strictly confidential.

Contact: David C. Reardon, Business Counselor  
Email: [dreardon@cvsbdc.org](mailto:dreardon@cvsbdc.org)

The Central Virginia SBDC at Culpeper  
803 South Main St.  
Culpeper, VA 22701  
PHONE: 540-727-0638  
[www.cvsbdc.org](http://www.cvsbdc.org)

The CVSBDC at Culpeper is funded in part by the U.S. Small Business Administration and Culpeper County and is hosted by Community Investment Collaborative



In July 2019, after being approached by the U.S. Census Bureau, I requested volunteers to establish the Culpeper County 2020 Census Complete Count Committee. Director of Culpeper Human Services Lisa Peacock stepped up to lead the formation of the Committee, which began their work on the 2020 Census shortly thereafter. The Committee Members were as follows: Jon Carter (Novant UVA Culpeper Medical Center), Marilyn Dunphy (Culpeper Fiesta and Human Services Board), Bernie Feaganes (Culpeper Sheriff's Office), Lyn Gore (Culpeper Literacy and PACT), Gregg Grunow (Culpeper Library), Robert Hauman (Culpeper Public Schools), Eric Kalenga (Pastor), Ginny Koontz (Chamber of Commerce), James LaGrafte (Rappahannock-Rapidan Community Services), Shari Landry (Culpeper Wellness Foundation), Laura Loveday (Culpeper County), Patrick Mauney (Regional Planning Commission), Norma McGuckin (Town Police), Lisa Peacock (Culpeper Human Services), Sandra Reaves-Yates (NAACP), Paige Reed (Culpeper Tourism), and Denise Walker (Healthy Culpeper).

The 2010 final self-response rate was 69.9%, so the Committee set a goal for 2020 to increase the self-response rate by 5%.

When the Culpeper Complete Count Committee finished their work in September 2020, Culpeper County's self-response rate was **76.0%** or an increase of **6.1%** above the 2010 census. The Committee exceeded their 5% goal, an amazing response, as many of their scheduled activities were cancelled in March and beyond due to the Covid-19 pandemic. The following is a link to the self-response rates for Virginia counties: <https://2020census.gov/en/response-rates/self-response.html>. Virginia's total self-response rate was 74.1% in comparison. The Committee had to pivot due to the pandemic and created new activities to encourage completion of the 2020 Census. This Committee worked very hard for Culpeper County and we want to publicly thank each of the members for the efforts they put into increasing our County self-response rate. We are proud of the work the Committee did on behalf of Culpeper County.

John Egertson, County Administrator





AGING TOGETHER IS A NON-PROFIT ORGANIZATION CREATED OVER 20 YEARS AGO IN RESPONSE TO THE STEADILY INCREASING DEMOGRAPHIC OF OLDER ADULTS IN OUR FIVE-COUNTY REGION. IT MAINTAINS AND SUPPORTS A BROAD PARTNERSHIP OF ORGANIZATIONS AND INDIVIDUALS WHO COLLABORATE TO EVOLVE THE FUNDAMENTAL VISION OF AGING TOGETHER, WHICH IS AGE-FRIENDLY COMMUNITIES THAT ACTIVELY ENGAGE, VALUE AND SUPPORT OLDER ADULTS.

## AGING TOGETHER & DEMENTIA FRIENDS

People living with dementia go to the grocery store, the post office, the movie theater, places of worship. They walk in the park, downtown, and in their neighborhood. They dine out and shop for gifts. It is common that they are with someone, but sometimes they are alone. It may be not be so obvious that there is a problem, and those with early onset difficulties often have the propensity to try and veil their illness with excuses or by withdrawing. But often dementia exhibits with a person doing something that may be considered “odd” because they are confused or forgetful.

Everyone can learn to understand what tendencies someone with dementia may exhibit and how to help them. That’s where Dementia Friends fits in.

Dementia Friends is a growing movement that started in the United Kingdom. It was developed with the goal of creating awareness in communities about what dementia is, the many ways it is manifested, and how people can respond and help when they encounter someone who seems confused.

The movement navigated into the United States with a start in Minnesota. Many states have followed including Virginia. In the five-county region served by Aging Together there are over 25 people qualified to be “presenters” of information sessions for those willing to be a Dementia Friend.



**Upcoming Dementia Friends 1-hour virtual training: January 26 / 10:30am. Register at [www.agingtogether.org](http://www.agingtogether.org).**

**A Dementia Friend is someone who:**



- Attends a virtual Dementia Friends Session which typically runs for 1 hour
- Learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts.
- Knows the best way to respond if they encounter someone in the community who appears to be living with dementia

A Dementia Friend can be a merchant, customer service rep, restaurant staff, law enforcement officer, service providers in any industry, coworkers, peers, friends, or anyone in the community. One does not need to have any medical background or any association with dementia to become a Dementia Friend. All they need is the desire to help and make a difference, which is powerful for those living with any dementia related disease.

Aging Together is encouraging everyone to become a Dementia Friend simply by attending one free informal session where they will learn tips on how to identify and help someone with dementia. Be part of a fast-growing movement! Register to participate in one of the virtual sessions throughout 2021.

AGING TOGETHER IS HONORED TO HAVE BEEN CHOSEN

# NONPROFIT OF THE YEAR

BY THE CULPEPER CHAMBER OF COMMERCE. **THANK YOU!**

Dementia Friends is offered in partnership with **Leading Age** and **Dementia Friends Virginia**.



## 2021 Culpeper SWCD Tree Sale

Five of one species for \$5

**NEW THIS YEAR:** Live stakes of red osier dogwood & Streamco Willow in bundles

See article on page 9: <http://www.culpeperswcd.org/wp-content/uploads/2020/08/culp-swcd-nletter-summer-2020.pdf>

### Flowering Dogwood (*Cornus florida*)

Flowering dogwood is one of the most well-known and cherished of small flowering trees. It is common in the woods; perhaps more common in suburban yards. All parts of flowering dogwood are consumed by wildlife. The fruits, in particular, are eaten by at least 36 species of birds, and many mammals, small and large. It attracts chipmunks, squirrels, birds, foxes, skunks, rabbits, deer and bears. Seeds, fruits, flowers, twigs, bark and leaves are all used as food by various species.

Flowering dogwood is often removed from timber stands in the name of timber stand improvement. It can be regenerated by stump sprouts, seeds and vegetative cuttings, with partly shady conditions best for survival. Quite tolerant of shade, dogwood is a common understory tree especially on well drained upland soils, but it may also grow on deeper, moist soils. It is a small tree with a short trunk that branches low, producing a slightly rounded to flat-topped crown. Branches are opposite and assume a "candelabra" appearance.



### Norway Spruce (*Picea abies*)

Norway Spruce is best used in a lawn area or as a wind break or screen, planted apart. Norway Spruce tolerates most soils if moist and transplants easily. Trees subjected to drought are much happier if they receive periodic irrigation although they tolerate drought well. The Norway spruce is a beautiful ornamental tree species. The pyramid-shape makes it as a viable choice for Christmas trees. It is also a popular selection for bonsai. Full sun is required. It tolerates slightly alkaline, wet at times, well-drained, loam and clay soils. Norway Spruce can grow 80-100 feet tall and spread 25-40 feet. Small-diameter branches sweep horizontally from the straight trunk which can grow to four feet thick. Branchlets droop from the branches toward the ground in a graceful, weeping fashion forming a delicate pyramid. The root system is shallow and often dense, particularly close to the trunk which makes growing grass difficult.



### Black cherry (*Prunus serotina*)

Black cherry is one of the most prized hardwoods of eastern and central US forests. Black cherry makes its best growth on deep, moist, fertile soils. It can also be found on dry sites. It is a medium sized tree which (on good sites) develops a long, straight, clear bole and can reach heights approaching 100 feet. Many birds and mammals eat black cherry fruits. Deer and rabbits browse foliage and stems. It also attracts turkeys, many other birds, squirrels, mice and moles. Black cherry leaves, twigs and bark contain a cyanide precursor that is released whenever plant tissue is damaged (e.g., wilted). Because of this, black cherry trees are potentially lethal to livestock. Black cherry trees grow to be the largest of the North American cherries. The fruits can be made into jams and jellies. The wood is a rich red-brown and prized for furniture making.



### American hazelnut (*Corylus Americana*)

Native to moist areas of the eastern US, American hazelnut goes unnoticed until the bright orange fall color brings the woods to life. Plants grow no taller than about 12 feet, but can reach higher in a shaded location. The nuts are most attractive to wildlife, especially squirrels. Once they discover the fruit on a shrub, they can strip it in a day. The leaves, twigs, and catkins of American hazelnut are browsed by deer and moose. The nuts are eaten by small mammals, northern bobwhite, ruffed grouse and other large birds and deer. Beaver eat the bark. American hazelnut occurs along streams, hedgerows, meadows, woodlands, roadsides and forest margins. It grows best on rich, moist, well-drained soils. American hazelnut is shade tolerant. It can grow under a light intensity of 15 percent or less; even as low as 1 percent.







### River birch (*Betula nigra*)

River birch can grow 50-90 feet tall but is often seen at 40-50 feet. It normally grows with a central leader & small-diameter, dark-colored lateral branches. It has a narrow, oval to pyramidal crown when young, spreading wider with age as several branches become dominant. It lacks the white trunk bark associated with other birches but is distinguished by reddish-brown bark peeling off in film-like papery curls providing interest all year round. Branches droop particularly when they are wet, so regular pruning in the early years will be required to remove lower branches when they are located close to areas where clearance is needed for vehicular traffic. It is very well suited for planting along stream banks where it is native and in other areas that are inundated for weeks. River birch tolerates low soil oxygen, flooding and clay soil, but needs moist conditions. The tree requires an acid soil. River birch is hardy, grows rapidly, but tends to be short-lived (30-40 years) in many urban settings, possibly due to inadequate water supply. Situate the tree so it receives adequate water.



### American Elderberry (*Sambucus Canadensis*)

A fast-growing deciduous shrub, elderberry suckers quite easily and is often seen as a broad, spreading, multi-stemmed plant with bright green, pinnately compound, 6-10-inch-long leaves arranged along the arching branches. But it can be effectively pruned into a nice, small, single or multi-stemmed, small, flowering tree which needs regular pruning to remove suckers growing from the base of the plant. In early summer or sporadically all year long, elderberry is literally smothered with 6 to 10-inch-wide clusters of yellowish-white blooms. These are followed by a multitude of small, dark purple berries which are quite popular with birds, and can be used in pies, jellies or fermented to make a wine. Ideal for use in naturalized landscapes where it will tolerate acid or alkaline soil and even some drought, elderberry performs best in full sun on moist to wet, fertile soils. Plant it in the shrub border or locate it next to the patio for a wonderful flower display. The plant is often overlooked by the trade perhaps because it is so commonly found in and along the woods, but it has a place in the garden, although its rather random habit may not make it popular in the commercial landscape. Requires pruning to create a neat small tree.



### NEW THIS YEAR: Live stakes to address streambank erosion and other uses

Red osier dogwood (*Cornaceae Cornus*) and Streamco Willow (*Salix purpurea*)

These shrub cuttings come in bundles and root readily when planted in moist soils.



Whether you have an eroding stream bank or want to restore a riparian area, consider planting with live stakes. Live staking is the practice of using unrooted cuttings to propagate shrubs and some trees for establishing vegetation in difficult riparian areas such as stream banks and floodplains. Cuttings are from dormant multi-stem shrubs and trees and have the capacity to grow roots once they are tapped or hammered into the ground.

<https://extension.psu.edu/live-staking-for-stream-restoration>

Red osier picture from Mason Conservation District

Streamco willow picture from Sullivan County Conservation District



Species	Price	Quantity	Species	Price	Quantity
Flowering dogwood (5 seedlings)	\$5		Black cherry (5 seedlings)	\$5	
Norway spruce (5 seedlings)	\$5		Hazelnut (5 seedlings)	\$5	
River birch (5 seedlings)	\$5		Elderberry (5 seedlings)	\$5	
Red osier dogwood (25 live stakes)	\$25		Streamco willow (25 live stakes)	\$25	
TOTAL COST: (check or cash only)					
Name					
Address					
Phone number			E-mail		

Checks payable to CSWCD. Pick up dates are TBA.

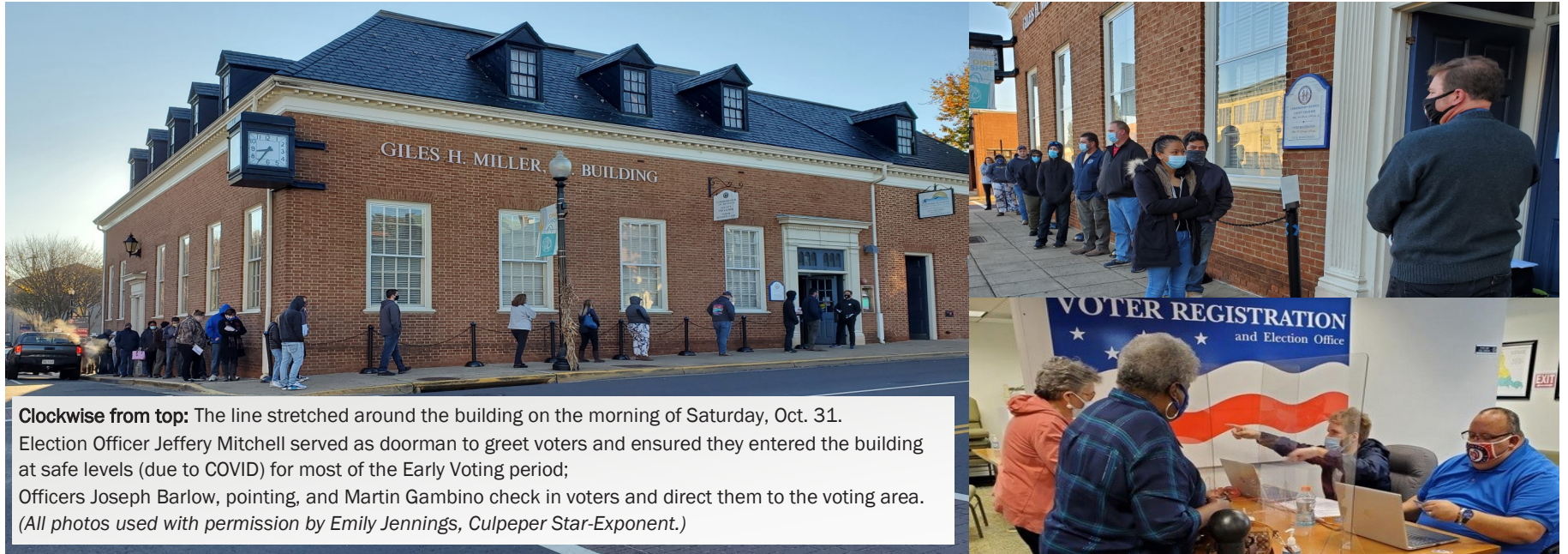
Questions? Contact Stephanie DeNicola at [stephanied@culpeperswcd.org](mailto:stephanied@culpeperswcd.org) or 540-825-8591

Mail order form & payment to ATTN Tree Sale, CSWCD, 351 Lakeside Drive, Culpeper, VA 22701

Species descriptions & pictures from Virginia Tech Dendrology <https://dendro.cnre.vt.edu/dendrology/factsheets.cfm>

# Culpeper Voters Elect to Vote Absentee in 2020

Virginia's newly adopted No-Excuse Absentee "Early Voting" laws were a hit with local in-person and mail voters.



**Clockwise from top:** The line stretched around the building on the morning of Saturday, Oct. 31. Election Officer Jeffery Mitchell served as doorman to greet voters and ensured they entered the building at safe levels (due to COVID) for most of the Early Voting period; Officers Joseph Barlow, pointing, and Martin Gambino check in voters and direct them to the voting area. (All photos used with permission by Emily Jennings, Culpeper Star-Exponent.)

They were lined up like Trick-or-Treaters on a cold Halloween morning, but they weren't asking for handouts. They were actually in line to give something back: their votes. At 8:30 a.m., the doors opened and Election Officer Jeffery Mitchell pointed the first group of two into the building to the elevator.

For Mitchell, who'd been up and down the line already that morning offering socially distanced voters Sample Ballots, it was just another day at the office where he'd been serving as a greeter and door monitoring for almost all of the Early Voting period.

"A lot of things had to go just right to make it possible for over 10,000 Culpeper voters to make it through our Office in the Early Voting period," Director of Elections James Clements said. "Having Jeffery show up and volunteer to work the door

was at the top of the list. He was my eyes and ears on the street and he did an awesome job."

All day, for those voters, and the rest, Election Officer Hank Milans was their next stop. Milans pushed the "up" button to call the elevator all day.

"We learned a lot about line management over the 32 days the office was open for Early Voting," Clements said. "For one, we learned that having an elevator attendant could significantly cut wait times. We knew from experience that Election lines can get so long that it's hard to recover. We focused on preventing that from happening."

Once upstairs, it was up to a rotating group of Election Officers including Joseph Barlow, Owen Bullard, Ruby Burke, Andrew Campbell, Martin Gambino, Julie Knight, Cris Knight, Mary Anne McGovern

and Bettie Turner to check in voters, issue ballots and manage the 9 voting stations set up in the County conference room.

"Joseph was here every day," Clements said. "Owen, Ruby, and Mary Anne also practically lived here. We used a combination of experienced Officers and new recruits to replicate the polling place experience for voters over and over again each day. It was an endurance test, but these public servants met it."

Anyone who needed extra assistance with voter registration issues was steered to Deputy Registrar Melissa Hart and Assistant Registrar Kendall Trout while Clements steered the ship.

For long stretches in the final week, the office was rolling at a pace of 100 voters an hour. "It was hectic, but we were efficient," Trout said. "I was impressed with all of us."

In addition to the in-person voters, over 5,000 mail in ballots were also received in the office. Those were alphabetized by McGovern (no small task) and processed by a team of 18 who worked on the last two Sunday afternoons before the Election when the office was closed.

"Mary Anne was the captain of pre-processing," Clements said. "She did a great job leading the team, keeping everyone on track, and giving up football Sundays to serve."

As a result of these efforts, County-wide turnout was already at 43 percent before Election Day.

"We were definitely able to make Election Day smoother, and safer, for everyone through the absentee process," Clements said. "The Electoral Board and I owe these Officers a big round of thanks for their efforts and a congratulations for their accomplishment."



## Commissioner of the Revenue Terry Yowell Becomes Association President



On September 21<sup>st</sup> and 22<sup>nd</sup> the 101<sup>st</sup> Annual Conference of the Commissioners of the Revenue Association of Virginia (CRAV) was hosted by Culpeper. This conference was unique for the Association and for Culpeper in several ways. It was the Association's first virtual conference and it was the first Commissioner of the Revenue Conference hosted in Culpeper, Virginia. This year was also the first time in the Commissioners of the Revenue Association of Virginia 101-year history, a Culpeper County Commissioner of the Revenue was elected and sworn in as President of the Virginia Association.

The 2020 Annual Conference was an incredibly large, complex and innovative undertaking involving CRAV Arrangement Committee members working virtually from across the Commonwealth. The conference also had the support and encouragement of the Culpeper County Board of Supervisors, The Town of Culpeper, the Culpeper County Administrator, Culpeper Media Network Station Manager Jonathan Krawchuk, Town of Culpeper Police Chief Chris Jenkins and the many supporters who made the conference possible. The conference was an outstanding example of community spirit and teamwork.

There was a record 328 attendees, including 13 newly elected Commissioners of the Revenue. Welcoming speakers included Virginia Senator Emmett Hanger, Former State Delegate John J. "Butch" Davies, and County Administrator John Egertson.

The conference was a very significant and valuable educational event for Commissioners of the Revenue and staff across the Commonwealth. The conference would not have been the successful event that it was without the kindness and generosity of the Culpeper Community.

### Our sincere appreciation goes out to:

- Culpeper County
- Town of Culpeper
- Culpeper Media Network
- Jefferson Home Builders
- Regulus Group
- Culpeper Medical Center, PLC,
- Pepperberries
- Culpeper Car Wash
- Fresh 2o Growers
- Mountain Field Farm Get-a-way
- Rosson Troilo
- Dulaney, Lauer, Thomas Attorneys and Counselors at Law
- Brooks Chiropractic
- Calhoun's Country Ham House
- Stephanie Yowell, Realtor
- Brandon & Ashleigh Pickeral
- Yowell's Property Enhancements LLC
- Joey & Bev Brown
- Updike Industries Inc
- Cedar Mountain Stone
- Nicholas, Jones & Co., PLC
- Novant Health UVA Health Culpeper Medical Center
- Davies, Barrell, Will, Lewellyn & Edwards
- Holtzman Corp
- Belmont Farm Distillery
- Kim Atkins Photography
- German P. Culver Jr., CPA
- Yates Properties
- John C. Bennett, Attorney at Law
- Jayme L. Yowell, ACA
- Jerry's Landscaping & Tree Service Inc
- Griffwood Farms
- Inception Security Consultants LLC

## Commissioner of the Revenue

151 N. Main Street, Culpeper VA 22701

Email: [tyowell@culpepercounty.gov](mailto:tyowell@culpepercounty.gov) website: [web.culpepercounty.gov](http://web.culpepercounty.gov)

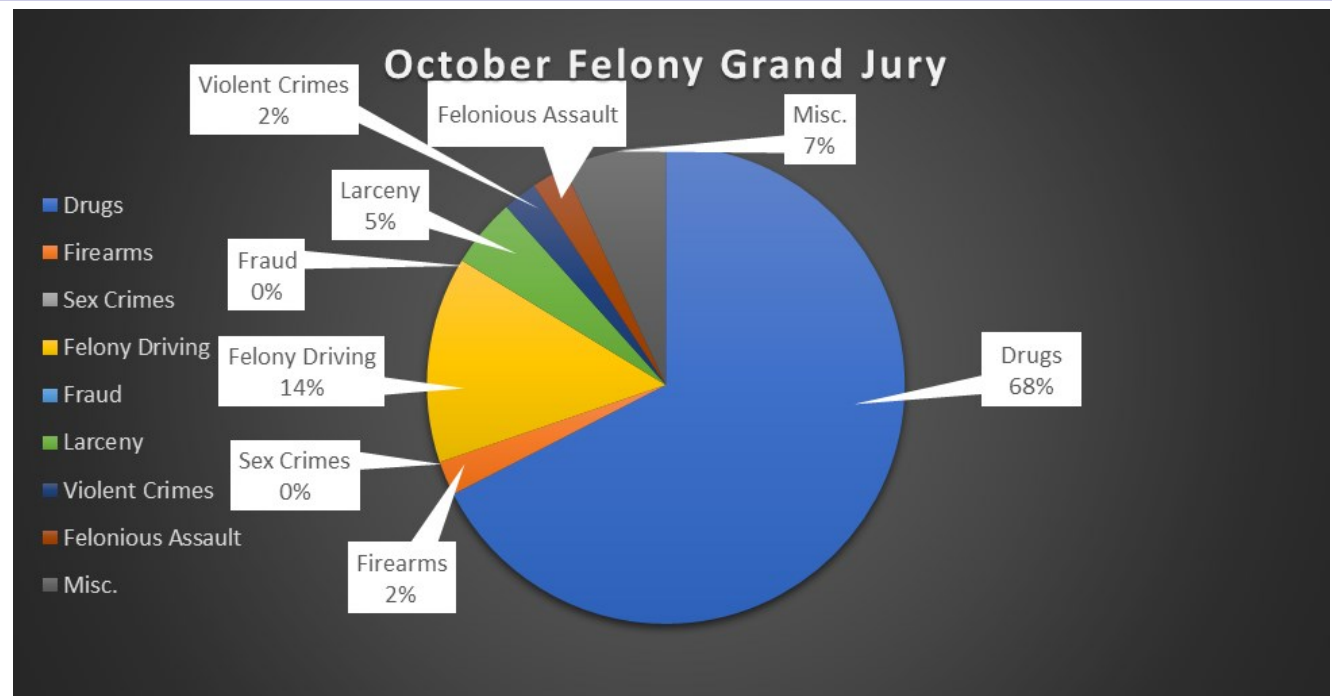
## Commonwealth's Attorney Paul Walther

**Effective March 16, 2020**

**By order of the Supreme Court of Virginia**

**DO NOT ENTER** the building if you answer **YES** to any of the following:

- ☒ **A.** Visited China, Iran, South Korea, any European Countries, or any other high-risk Countries identified by the CDC in the previous 14 days.
- ☒ **B.** Traveled domestically within the United States where COVID-19 has sustained widespread community transmission.
- ☒ **C.** Been asked to quarantine, isolate, or self-monitor by any doctor, hospital, or health agency.
- ☒ **D.** Been diagnosed with, or have had contact with anyone who has been diagnosed with, COVID 19.
- ☒ **E.** A fever, cough, or shortness of breath.
- ☒ **F.** Resided with or been in close contact with any person in the above-mentioned categories.



Over the past year, while the United States and the World have struggled with the effects of COVID-19, the court process has not been immune from the pandemic. Following Governor Northam's Executive Order Number 51, on March 16, 2020 the Virginia Supreme Court declared a judicial emergency for all Courts of the Commonwealth, whereas all Non-Essential and Non-Emergency court proceedings were suspended. Since then, there have been fourteen Orders extending the Judicial Emergency, with the most recent being entered on December 3, 2020 and running through January 2021.

While several of the recent judicial emergency orders have relaxed the initial prohibition on non-emergency hearings, the court system is not running on normal terms, nor will it be for the foreseeable future.

Trials by Jury have been suspended, and each individual jurisdiction needs to apply for their reinstatement. In the late summer the Culpeper plan was submitted and a revised plan was submitted in October. As of this writing, neither plan has been approved. There has not been a jury trial in the Culpeper Circuit Court since March 16, 2020.

Some of the precautions that have been put in place at the Courthouse, are temperature screenings upon entry and several signs outside of the Courthouse. In order to enter the Courthouse, one must have a "normal" temperature and be able to answer the questions on the sign. Seating is limited in the Courtrooms, all seats are 6 feet apart. Judges grant liberal requests for continuances, and more than

once a day, a case is continued due to a witness, victim, or defendant being exposed to COVID-19.

Due to the serious nature of the pandemic, the Office of the Commonwealth's Attorney has taken precautions to avoid any shutdowns. One of the questions upon entry into the Courthouse is whether "you have had contact with anyone diagnosed with COVID-19 within the past 14 days." If you answer 'yes' you can not enter. With a staff of eight attorneys and four administrative staff, there are decent odds that someone from the office will be exposed. If that happens, then potentially the entire office would be barred from entry of the Courthouse.

As a result, the Office has been broken into teams of four attorneys and two administrative staff. Each team works 2-3 days a week in the Office, and works remotely for the balance of the week. There is no mixing of the teams, in case someone is exposed and that team can not go into the courthouse. Even though the Office is divided, the work is still getting done in an effective manner.

As one can imagine, COVID-19 has created a historical backlog of cases in all of our Courts. Criminal and civil matters are being delayed. Defendants are waiting for their trial dates, and victims of crimes are waiting for justice to be served. Unfortunately, there is little that anyone can do except to wait for a vaccine and try to work through the cases in the best possible manner.

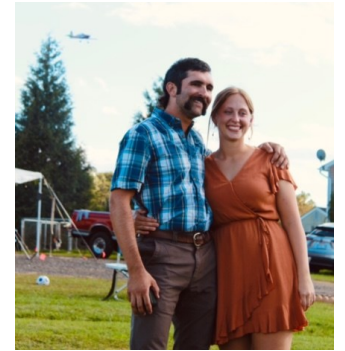


## The Final Approach for 2020 and hoping for a “Tranquil” start to 2021 *By Tanya Woodward*



I want to start with a follow-up to my story from my article in early 2020 about Tim and Claire and their successful wedding proposal during an airplane ride. Well, 2020 made the celebration smaller than they had planned but none-the-less wonderful. On Saturday, October 3<sup>rd</sup>, Tim and Claire became Husband and Wife. Here are a few pictures of their incredible day.

We wish all the best to Mr. and Mrs. Heard.



The week of September 21<sup>st</sup>, we hosted some of the most beautiful and unique warbirds (and their wonderful pilots) in the world. The pilots spent the week taking advantage of all the things that Culpeper has to offer, while following COVID guidelines of course. I had so many nice compliments on the area restaurants, shops and scenery. The local residents that were able to view the various practice flights called with their compliments as well. Even though the actual flight to D.C. wasn't able to take place due to weather, the week was magical if you love WWII aircraft. Please visit <https://ww2flyover.org> for videos and information on the event.

The following photos were taken by Alex Hrapunov





# Culpeper Quarterly



**The Administration Building**  
**302 North Main Street Culpeper, VA 22701**

**[dhoffman@culpepercounty.gov](mailto:dhoffman@culpepercounty.gov)**

## More information from the Airport

On November 19<sup>th</sup>, the Airport was able to take part in National Drone Safety Awareness Week. With the help of the Culpeper County Economic Development Department, a drone flown by an outreach program through Rappahannock Electric Cooperative took some beneficial footage of the airport. The footage that the drone took is truly amazing and will assist with property maintenance, obstruction removal and advertising.



In 2019 we celebrated 50 years from “Tranquility Base” or where the Apollo 11 touched down on another world which is also known as the Moon. I think that much of 2020 felt like “another world”. We had so many challenges and changes that follow us into the new year. As we try to navigate this new normal, we can become overwhelmed and sometimes feel hopeless. Culpeper County has many resources to help people, families, pets and businesses. [Culpepercounty.gov](http://Culpepercounty.gov) is a great place to start to find some of these resources. Don’t be afraid to reach out or to encourage someone else that you see struggling to seek advice.

By Tanya Woodward

*“We must accept finite disappointment, but never lose infinite hope.”*  
*Martin Luther King, Jr.*



**Culpeper Regional Airport (CJR)**  
**12517 Beverly Ford Road**  
**Brandy Station, VA 22714**  
**540-825-8280**